



Midwifery Services...

midwife means "with woman"

Carl R. Darnall Army Medical Center offers the option of Certified Nurse-Midwives (CNMs) to provide care for women with normal pregnancies in collaboration with physicians and other health care providers.

Midwives...

- ♦ **Believe that pregnancy and birth are part of a woman's general health.**

Midwives believe that pregnancy and birth are part of a woman's normal lifecycle. Midwives view birth as a natural process, but are skilled and know what to do if there are any complications or difficulties.

- ♦ **Recognize that pregnancy and birth affect a woman and her family deeply.**

Midwives know that the changes in the childbearing years affect you emotionally, spiritually, and socially, as well as physically.

- ♦ **Get to know you.**

You will see the same midwife and her fellow midwives all through your pregnancy.

- ♦ **Will answer your questions and talk to you about your worries.**

They will give you information about healthy foods, feeding your baby, different choices for labor pain, and other topics.

- ♦ **Are highly trained and experienced,** and can provide care for most of your needs.



Maternal Fetal Medicine (High-Risk Pregnancy)

Maternal-Fetal Medicine is a sub-specialty within the Women's Health Clinic for women experiencing complications during their pregnancy. Our specialists have advanced training in high-risk obstetric problems - those that put the mother or the unborn child at a serious health risk. Specialists in maternal-fetal medicine are available 24 hours a day to consult with other physicians and care for patients. We treat the following conditions, which generally indicate high-risk pregnancies:

- ✓ Diabetes
- ✓ Renal (kidney) disease
- ✓ High blood pressure (hypertension, pre-eclampsia)
- ✓ Multiple gestations (twins, triplets, etc)
- ✓ Prior preterm delivery, preterm labor
- ✓ Fetal anomalies (problems with the baby)
- ✓ Medical complications along with pregnancy (heart disease, sickle cell disease, lupus, thyroid disease, etc.)

We are also staffed by a board-certified genetic counselor and provide the following prenatal diagnosis and genetics testing, amniocentesis, DNA and enzyme analysis, specialized ultrasound technologies for pre-natal diagnosis of fetal malformations (defects).

Individualized nutritional counseling

by a certified dietician is available when clinically indicated.

Antepartum Fetal Surveillance for high-risk pregnancies is provided within the clinic, which provides non-stress tests and bio-physical profiles.

Educational Classes...

We offer many classes covering topics that help women learn about the childbearing process, anesthesia options, and care options. These classes support thoughtful and informed decision-making during pregnancy, delivery, and beyond. Classes are regularly updated to provide current practices and new information. For more information on classes dial 288-8108 or speak with your provider.



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Carl R. Darnall Army Medical Center



Welcome

Welcome to the Women's Health Clinic (WHC). We provide health care to women of all ages to include, Soldiers assigned to Fort Hood, military retirees, and their family members. The clinic's primary focus is the management of women's health care focusing on pregnancy, childbirth, the postpartum period, family planning, and gynecological needs. The clinic entrance is located off Carl R. Darnall Army Medical Center's main lobby.

If you are pregnant, you will be given a primary care provider from the WHC. When making an appointment, The Patient Appointment Service, 288-8888, will always attempt to give you an appointment with your primary care provider. If your primary care provider is unavailable, appointments will generally be made with a member of the WHC staff. A gynecological appointment may require a referral from your primary care provider.

WHC Clinic Hours

Monday, Tuesday, Wednesday, & Friday
7:30 a.m. - 4:30 p.m.
Thursday9 a.m. - 4:30 p.m.

Women's Health Center Active-Duty Sick Call

Monday, Tuesday, Wednesday, & Friday
.....7:30 - 8 a.m.
Thursday9 - 9:30 a.m.

For emergencies, after-duty hours, weekends, and federal holidays: please go to Carl R. Darnall Army Medical Center's Emergency Department.

TRICARE

Your Military Health Plan

TRICARE is the source of health care for all military beneficiaries. It is free for active-duty personnel and their families. Although you have access to the best care in the world, there are some important restrictions. Please be sure to read the TRICARE information given to you at the TRICARE Service Center. It provides you with important information about your responsibilities when you seek health care from sources other than military facilities and your responsibilities when you are away from Fort Hood and need health care. You may reach TRICARE by dialing 1-800-444-5445

Eligibility For Health Care...

Your eligibility for health care is determined by the information in the Defense Enrollment Eligibility Reporting System (DEERS) database. Although TRICARE Prime is free for family members of active-duty, if information is not current in this database, you may be responsible for some health care expenses. Your active-duty spouse can update DEERS information at the Copeland Soldier Service Center, Bldg. 18010, on Fort Hood or call 1-800-538-9952

Getting Health Care...

For routine care and follow-up appointments, please schedule appointments in advance. If you need to speak with your primary OB care provider, call the clinic at 288-8133 and leave a message. If you need a same-day appointment or to ask for advice, please feel free to call our Nurse Triage at 288-8133.

Gynecological appointments for adolescents are available on Mondays at the Pediatric Clinic or here in our clinic Monday through Friday. Please make appointments through the Patient Appointment Service, 288-8888. For questions about Adolescent Medicine, call 286-7640.

Family Centered Care...

To provide more personalized and responsive care during your childbirth experience, we offer family-centered care. Family, friends, and social support networks are vital to good health. Often during this special time, military families are far from home and these natural support systems. Through family-centered care, we offer an extended "family" that is knowledgeable about the separation aspects of military life. The family-centered care approach ensures that you and your family get the best, personalized, coordinated care during this special time. You and your family's needs and best interests are at the heart of all our decisions.

During your pregnancy you will have the opportunity to tour our Labor, Delivery, and Recovery Suites. We support breastfeeding and offer support services and classes for prenatal and breastfeeding mothers. We also offer counseling for genetic disorders, and lactation consultation.

Our Philosophy

Family centered care before, during, and after childbirth means that you are at the heart of our mission. For our families, this means:

Respect for your emotional well-being, privacy, and personal preferences.

Empowerment through honoring your family's personal and cultural beliefs.

Choices in treatment, including pain management, medications and tests before, during and after childbirth and newborn care.

Flexibility to welcome fathers, significant others, and siblings to be part of your birth experience.

Gynecology Services...

Gynecology is the branch of medicine that specializes in women's health care. A gynecologist is a doctor with special skills, training, and education in women's health, who provides care to women of adolescence, childbearing years, and beyond. In addition, a gynecologist offers preventive health care, such as exams and routine tests. The gynecologist is a resource for care and information on:

- Healthy Lifestyles
- Premenstrual Syndrome
- Breast Health
- Endocrinology/Infertility Services
- Family Planning/Contraception
- Genetic Testing
- Menopause & Hormonal Therapy
- Nutrition and Weight Counseling
- Pap Smear/Mammogram Services
- Pregnancy Testing
- Sexually Transmitted Disease
- Urinary Incontinence

Most experts recommend women begin having yearly gynecologic exams at age 18, or when they become sexually active. The gynecologic exam provides the woman and her health care provider information about her reproductive health.

